

FIG. 1

**EMOTIONALLY SMART BEGINNINGS
MASTERY SCALE**

EQ CATEGORIES:	1	2	3	4	5
	<i>Never</i>	<i>Rarely</i>	<i>Occasionally</i>	<i>Frequently</i>	<i>Always</i>
AWARENESS OF SELF					
a) Able to match the five Primary and/or five Secondary emotions to visual and/or auditory cues:					
b) Able to display appropriate facial and body movements for five Primary and/or five Secondary emotions:					
c) Able to verbally express five Primary and/or five Secondary emotions:					
EMOTION MANAGEMENT					
a) Able to identify and verbalize one's own feelings:					
b) Ability to use "I Message":					
c) Awareness of instructional techniques:					
d) Ability to utilize instructional techniques:					
EMPATHY					
a) Awareness of feelings in others:					
b) Ability to take perspective of others:					
c) Ability to display empathy in either words or actions:					
OPTIMISTIC THINKING					
a) Ability to mimic optimistic phrases:					
b) Ability to display optimistic thinking skills:					
MANAGEMENT OF PEER RELATIONS					
a) Sharing with others:					
b) Playing cooperatively:					
c) Resolution of conflicts:					

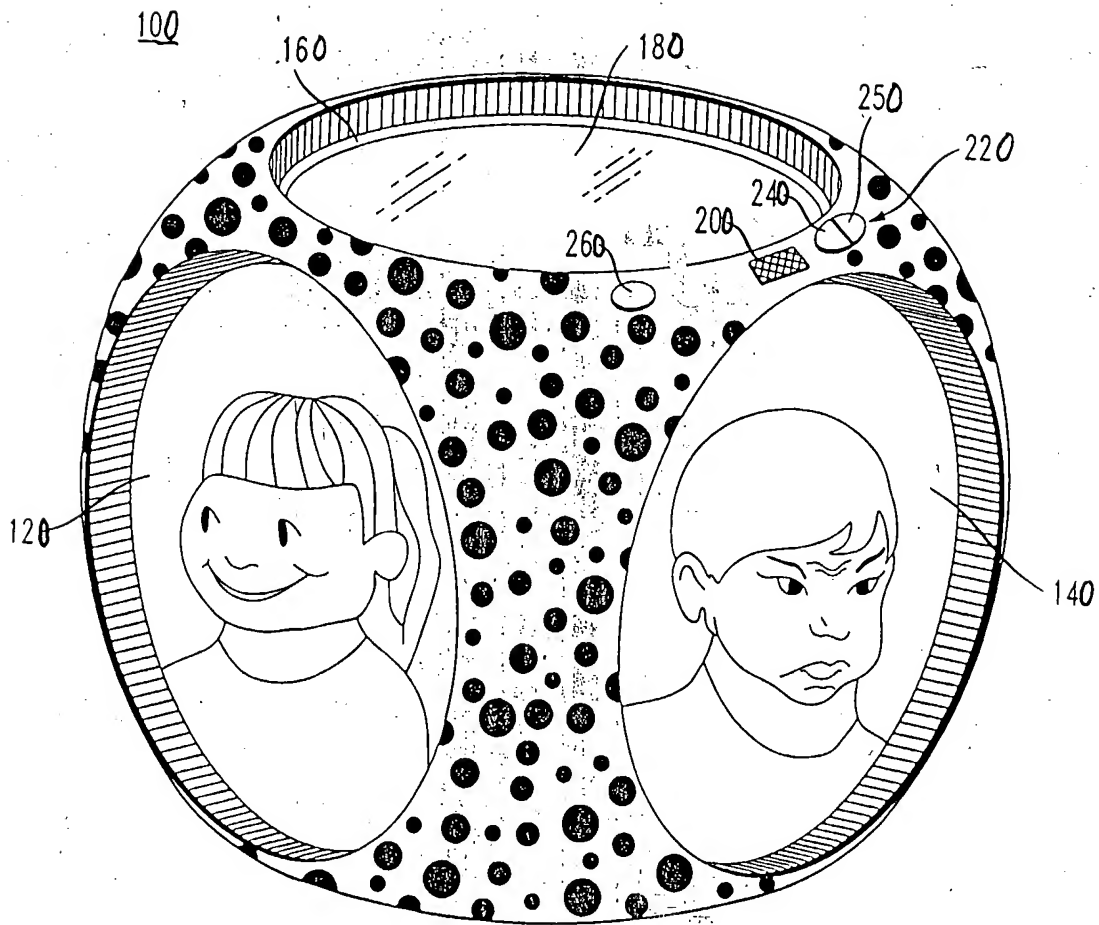


FIG. 3